



More than Food

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Pan-Seared Salmon

with Herbed Beet and Horseradish Salsa

Spicy horseradish and sweet beets are a winning combo—and a Russian favorite. Made into a chunky salsa, it makes a delicious condiment for crispy-skinned salmon. The trick to achieving a crispy salmon skin? A hot, nearly smoking pan!

40 min

level 2

nut free

make me first

dairy free



Salmon, skin on



Precooked Beets



Red Onion



Farro



Horseradish



Dill



Garlic



Smoked Paprika



Balsamic Vinegar

Ingredients

	2 People	4 People
Salmon, skin on	1)	2
Precooked Beets	8 oz	16 oz
Red Onion	1	2
Farro	2)	1 C
Horseradish	1 t	2 t
Dill	¼ oz	½ oz
Garlic	2 cloves	4 cloves
Balsamic Vinegar	2 T	4 T
Smoked Paprika	1 t	2 t
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Fish
- 2) Wheat

Tools

Small Pot, Strainer, Small Bowl, Baking Sheet, Large Pan

Ruler

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Nutrition per person Calories: 657 cal | Carbs: 55 g | Fat: 32 g | Protein: 44 g | Fiber: 9 g | Sodium: 229 mg



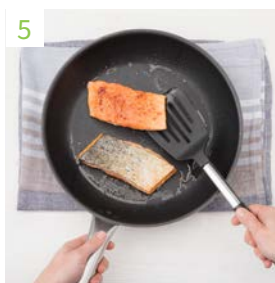
1 Preheat the oven to 400 degrees. Place the **farro** in a small pot with **2 cups of water** and a large pinch of **salt**. Bring to a boil then reduce to a simmer for 30-35 minutes, until the farro is tender. Drain.

2 **Prep the remaining ingredients:** halve, peel, and slice the **onion** into ½-inch wedges. Finely dice one of the wedges. Finely chop the **dill**. Dice the **beets** into ½-inch cubes. Smash the **garlic cloves** with the flat of your knife.



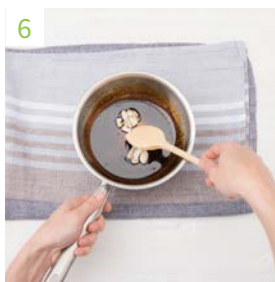
3 Toss ⅔ of the **diced beets** on a lightly oiled baking sheet with the **onion wedges**, **1 teaspoon oil**, and a large pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes, until the onions are caramelized.

4 **Make the beet and horseradish salsa:** in a small bowl, combine the **chopped dill**, **diced onion**, **horseradish** (to taste), **remaining beets**, and **1 teaspoon oil**. Season with **salt** and **pepper**.



5 **Cook the salmon:** heat **1 teaspoon oil** in a large pan over high heat. Season the salmon on all sides with **salt**, **pepper**, and **paprika**. Once hot, add the **salmon** to the pan, skin-side down, for 4-6 minutes, until the skin begins to crisp and turn golden brown. Flip the fish and cook on other side for 2-3 minutes, until just opaque in the middle. Set aside.

6 **Make the balsamic glaze:** add the **balsamic vinegar** and **smashed garlic cloves** to the pan and reduce heat to low. Reduce liquid by half. Discard the garlic.



7 Plate the **farro** with the **roasted beets** and **onions**. Place the **salmon** on top followed by the **beet and horseradish salsa**. Drizzle the plate with the **balsamic glaze** to finish. Enjoy!